

## Apples Activities for Thursday

### On the Move

#### Apple Hunt Relay

Help find the missing apples in this relay race.

Materials:

- Plastic drinking cups
- 1 apple

Instructions:

1. Place three plastic drinking cups upside down in a line with ample space in between each cup.
2. Hide the apple under one of the cups.
3. Have your child stand at one end of the line and run to each cup. As they reach each cup, have them search for the apple under each cup.
4. When the apple is found, reset the relay, and place the apple under a different cup.

### Adventures Online

#### Abby's Smoothie Maker

Learn your colors as you make a healthy smoothie with Abby. Help boost your child's vocabulary by helping him describe the food on his plate at meal or snack time. Talk about the colors of the food. Is it crunchy or soft?

<https://www.sesamestreet.org/games?id=253>

### Sensory Time

#### Applesauce Fun

Who wants applesauce for snack?

Materials:

- 6 diced apples
- 1 tsp of cinnamon
- 1 ½ cup of water
- 1 tsp of sugar
- ¼ tsp of salt
- Crockpot/slow cooker

Instructions:

1. Peel and dice apples & place in crockpot/slow cooker.
2. Add the rest of the ingredients and stir together.
3. Cook on high for 3-4 hours. Talk about the smells while its cooking.
4. Allow apples to cool and let your child help you mash them when its finished.
5. Grab a bowl & spoon & enjoy your snack!

### Story Time

#### Bad Apple

Enjoy this fun tale about friendship between Mac the Apple and Will the Worm.

Read Aloud: <https://www.youtube.com/watch?v=1VG11cLk7c4>

## Arts and Creativity

### Apple Finger Plays

These apple finger plays will have your hands dancing along to these fun tunes.

#### *Five Green Apples*

Way up high in an apple tree. *(raise arms high)*

Five green apples smiled at me *(hold up five fingers & smile)*

So, I shook that tree *(pretend to shake a tree)*

And down fell the apples. Mmmmm, they were good! *(rub your tummy)*

#### *The Apple Tree*

Two little apples hanging from a tree *(hold fist in air)*

Five for you and five for me *(dangle one hand and then the other)*

Let us shake that tree and count to 10,

1, 2, 3, 4, 5, 6, 7, 8, 9, 10!!!

Then the red apples will fall below. *(shake body)*